

SPORTS & FITNESS

B SECTION

On Post

Youth Basketball, Cheerleading

Youth basketball and cheerleading registration is now underway, and ends Dec. 3 or when teams are full.

Register for teams Monday through Friday from 8 a.m. to 6 p.m. at Child and Youth Services, Building 443.

Registration is open and free to CYS members. Basketball is open to ages 5 through 18, and cheerleading is open to ages 6 through 13.

Uniforms will be provided by CYS.

Newman Consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling.

For more information, call 767-2771.

Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Sports USA Events

Weekly events — Monday Night Football, 4 p.m., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Friday, Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football/ NASCAR, open to 4 a.m., Sunday Ticket Football, NASCAR.

Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

Basketball

Intramural basketball season starts Dec. 6. Units should submit a memo to the Fort Stewart Sports Office Bldg. 471, and Hunter to Bldg. 925.

Deadline is Nov. 22, 4 p.m. For more information call 767-8238 or 352-6749.

Turkey Trot 5K Walk/Run

The 1st Annual Hunter AAF Turkey Trot 5K Walk/Run is scheduled for Saturday, Nov. 20 at 9 a.m. at Hanger 7901 (N. Lightning Rd next to the Coast Guard Air Station).

Packet pick-up and registration begins Nov. 19, at the 2/3 Aviation Battalion Headquarters, 4 to 7 p.m., or register early online at www.active.com. Cost is \$15 prior to Nov. 19, \$20 on Race Day.

Off Post

PT Alert

Units can schedule a PT session with a YMCA aerobics or kick boxing instructor at either Fort Stewart or our Hinesville facility.

There is no charge for this service.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.



Spc. Emily J. Wilsoncroft

Showstoppers quarterback Charles Joseph throws a pass over his D-Block defense during the Hunter championship game Friday.

Showstoppers shut down D-Block, 34-16

Spc. Emily J. Wilsoncroft

Hq. Cmd.

Less than five minutes into the first quarter of the Hunter Army Airfield flag football championship game, the undefeated Headquarters Support Company, 603rd Aviation Support Battalion Showstoppers scored their first touchdown against the D Company, 1st Battalion, 58th Aviation Regiment D-Block, and from that point on the game was theirs as the Showstoppers went on for a convincing 34-16 win to lay claim to the 2004 Intramural Football trophy.

Showstoppers quarterback Charles Joseph ran his team's first six points in, following the score with a successful two-point conversion, bringing the early first quarter score to 8-0.

D-Block fought back bravely,

but before the first half was done, the Showstoppers' Travis Booker had caught a six-yard touchdown pass from Joseph, increasing his team's lead to 16-0.

Another Showstoppers touchdown in the final minutes of the second quarter brought the tally to 22-0, a commanding but not invincible halftime lead.

D-Block wide receiver Seth Rovelstad said he was optimistic about his team's second half.

"Even though we're down, it's been going really good," he said. "We've been moving kind of slow, but if we get pumped up at the half, we should be able to come back and win."

Even so, there were no "shoulds" with the Showstoppers, who were the picture of confidence.

"We are the best," claimed assistant coach Brandon

Johnson.

"Our name speaks for itself," added safety Orlando Harper.

One Showstoppers coach, Martin Sams, backed up his team with a bit more level-headedness.

"We're executing plays very well at this time," he said. "If we keep executing like this, we'll win."

When play resumed, Harper reinforced his words with actions, starting with catching his fourth interception of the season, and later in the quarter, completing a 20-yard pass over Rovelstad.

Shortly afterward, another Showstopper pass completion in the end zone brought the game's score to 28-0, as D-Block struggled for an interception.

Finally, D-Block quarterback Montez Brown gave his team

renewed hope as he broke through the Showstoppers' defensive line. After a failed first down attempt by Rovelstad, Brown ran the ball in to put his team on the board, and a successful two-point conversion narrowed the Showstoppers' lead to 28-8.

Each team scored one more time before the end of the fourth quarter, and the Showstoppers' 34-16 victory won them the title of Hunter Flag Football Champions.

"Both teams played a great season," said the Showstoppers' Larry Hailes. "We never went into a game thinking we were better than anyone — we were just better."

Showstoppers' coach and quarterback Joseph added, "This is a great gift to the team ... I'm just happy."

Swimmer takes fitness to another level

Reed inducted into TCU Hall of Fame

Spc. Robert Adams

50th PAD

The water has been the catalyst that has motivated this former collegiate star, All-Army and Olympic level master swimmer to stay in peak physical condition, and he has no plans of slowing down.

With many years and miles of swimming, running and biking under his belt as well as weight lifting, aerobics and dancing, it is hard to believe Maj. Steven Reed, chief of strength management for the 3rd Infantry Division has time to sleep.

On Sept. 24, Reed was the first swimmer to ever be inducted into the Texas Christian University Hall of Fame, an honor awarded to him for his hard work and accomplishments in and out of the pool.

"I take pride in being the first swimmer out of the number of great TCU swimmers to be inducted," Reed said. "I just really appreciate everything TCU has done for me, not only as an athlete but also more importantly as a scholar and student."

Reed who began swimming when he was 12 years old in Jefferson City, Mo., didn't start out on top, and in fact was the slowest on his club swim team.

"I will never forget my first swim meet where I finished dead last in my first event," Reed said. "I got teased which made me angry, so I made it a point to beat all of them."

Reed said he got faster every race and after a couple of years he realized that swimming was a sport he was becoming very successful in.

After accepting a scholarship to TCU, Reed went on to set school records in the 200-yard butterfly, 400-yard medley and freestyle relays and the 800-yard freestyle relay. He was also a two-time All-Southwest Conference member in 1989 and 1990 and after graduating Reed served as TCU's assistant



Courtesy photo

Maj. Steven Reed, chief of strength management for the 3rd Infantry Division, pushes water back and takes a deep breath while swimming the butterfly. Reed, a master swimmer, who currently trains for triathlons, qualified for the 2000 Olympic Trials in the 100-meter butterfly and was recently the first swimmer to be inducted in the Texas Christian University Hall of Fame.

SWIM

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coach while completing his Master's in business administration.

After college, Reed continued to excel physically in the Army.

"When I'm not in the office I am exercising," Reed said. "All my chain of command has ever asked of me is that I make sure the job is done."

Reed's most memorable experience was qualifying for the 2000 Olympic Trials in the 100-meter butterfly at the age of 30.

"It was kind of odd because in 1988 and 1992 during my younger days in college I tried to make the trials but I would come up short," Reed said. "Then low and behold at the 1998 master swimming national championships I had a great meet and did it."

He has also been a U.S. Masters All-American, National Champion and record holder since 1993, an All-Army swimmer, and has been a three-time U.S. Triathlon All-American since 2002.

Reed is currently training for triathlons, which consists of swimming, biking and running.

His long-term goal and aspiration is to finish an Ironman, which consists of a 2.4-mile ocean swim, 112-mile bike race and 26.2-mile (marathon) run.

"I have done a half Ironman and I did very well," Reed said. "That event gave me the confidence that I could finish a full one."

Not only does Reed constantly improve himself in the physical fitness arena, but he also gives back to the community.

"Everywhere I go I try to get on as a volunteer coach or instructor in some form," Reed said.

He has helped coach swimming at the collegiate, high school, age group and club team levels. He also is a volunteer aerobics instructor and currently is a Latin and Salsa dance instructor on Fort Stewart when he isn't training.

"For everything I have received in the past I am going to give back," Reed said. "My reward is to see people improve."

When Reed retires from the Army he plans to continue to coach and instruct while continuing his fitness endeavors.

Reed said, "All of this could not be possible if it weren't for the support of my family, friends and the military, and that's what allows me to do what I do now and into the future."



Courtesy Photo

Maj. Steven Reed heads into the running portion of the Wilmington Family YMCA Triathlon in Wilmington, N.C., back in Sept. 2002, which consists of swimming, biking and running. Reed's long term goal is to train for and finish a full Ironman triathlon.

Weekly workout schedule:

10 - 15 miles swimming
25-35 miles running
100-150 miles biking
3-4 hours cardio/aerobics
6 hours weight lifting
2-3 hours Latin dancing
2-3 hours dance lessons

Army volleyball takes 3-1 win over Lafayette

Sophomore registers third straight "double-double"

www.goarmysports.com

EASTON, Pa. — Sophomore Eileen Cassidy registered her third consecutive "double-double" with 17 kills and 15 digs to lead the Army volleyball team to a 3-1 victory (30-19, 26-30, 30-25, 31-29) over the Lafayette Leopards in a Patriot League contest at the Kirby Sports Center.

The Black Knights, winners of 12 of their last 14, improve to 15-8 overall and 10-2 in the league while Lafayette drops to 14-12, 5-7 Patriot League.

Army, which completed the season sweep over Lafayette, set a school record for Patriot League victories in a single season with its 10th conference win of 2004.

The Black Knights locked up a spot in the conference tournament Friday, their sixth appearance in as many years, and solidified their second-place ranking in the standings with their victory Saturday.

Cassidy pounded a match-high and season-high 17 kills to go along with 15 digs and a .417 hitting percentage.



www.goarmysports.com

Freshman Megahn Berndt set three career highs during the match against Lafayette.

Caitlin Machon totaled 13 kills and 12 digs in addition to posting five blocks, and Abby Casciato racked up 40 assists, 10 kills, three aces, seven digs and four blocks.

Freshman Megahn Berndt set three career-highs with nine kills, 10 digs and five blocks. As a team, Army registered 15 blocks, forcing the Leopards into 31 hitting errors.

The Black Knights return to action Friday at Patriot League foe Bucknell.

Youth Scoreboard

2004 CAA Football League

7-8 Mini League		
Team	Won	Lost
Mini-Steelers	4	3
9-10 Pee-Wee League		
Team	Won	Lost
Broncos	4	3
Raiders	1	6
11-12 Midget League		
Team	Won	Lost
Steelers	4	3
Buccaneers	1	6

2004 Soccer League

7-9 Mite League		
Team	Won	Lost
Fire	7	2
Fusion	6	3
Wizards	3	6
United	2	7
10-13 Midget/Junior League		
Team	Won	Lost
Fire	8	0
M-Stars	5	3
Wizards	3	5
United	2	6
Galaxy	2	6



**Practice Safe
Biking...
Always Wear
a
Helmet!**